

# NATURALOPY

PRECEPT 10

CHARACTER







# NATURALOPY

## CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.



## **Naturalopy** (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

## **Naturalopist** (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

## **Naturalopic** (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.



# The 20 Precepts of Naturalopy

**Precept** (pre sept)  
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- |                 |                 |
|-----------------|-----------------|
| 1. Freewill     | 11. Happiness   |
| 2. Karma        | 12. Love        |
| 3. Simplicity   | 13. Dreams      |
| 4. Health       | 14. Wisdom      |
| 5. Spirituality | 15. Success     |
| 6. Compassion   | 16. Suffering   |
| 7. Purpose      | 17. Forgiveness |
| 8. Virtue       | 18. Salvation   |
| 9. Attitude     | 19. Liberty     |
| 10. Character   | 20. Time        |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...



# NATURALOPY

PRECEPT 10

CHARACTER





## PRECEPT 10

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# CHARACTER

### **character**

personality, spirit, disposition, makeup, attribute, quality, feature

1. Strength of mind; resolution; independence; individuality; moral strength.
2. A complex of mental and ethical traits marking a person or a group.

The essence of character is to be our own person, to have a self-identity, and to live according to our philosophy and values regardless of others are doing. Too many times our character is influenced by the media, religion, peers, and the agenda of someone else. A person with a resolute and enduring character is one who is comfortable in their own skin—someone who is able to accept everything that has happened to them, good and bad. A person of strong character accepts the mistakes of the past as learning lessons and uses them to build the future. Remember, we are not sinners. Life is a learning process and we make mistakes in that process. Through our mistakes, we learn what to do and what not to do. When what we do becomes habitual, our character is formed. As with any habit, it has to be practiced.

There are a few notes on character:

- our character is not our nature, since character is developed with experience.
- what people think who we are is our reputation, who we really are is our character.
- be a character of action—when we witness someone doing something wrong, don't condemn them for it, be silent and show them how to do the right thing.

As a note, if our reputation and character are different, then we need to determine the reasons why. Ideally, our reputation and character should be the same.

What a person stands for and what they stand against are good indicators of their character. A person with divine character is one whose morals are the same in public and



in private. However, often times, a person with a seemingly perfect character is hiding flaws, or even skeletons in the closet. We are human, therefore imperfect; being “perfect” 70-80% of the time is good enough.

In the end, people cherish us for our deeds, not our words. So, be a character of action, not words.

Do right and fear no one.

William Pierce



Respect yourself and others will respect you.

Buddha



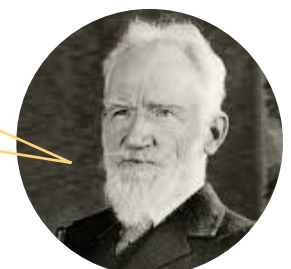
Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.

Oprah Winfrey



A Native American elder once described his own inner struggles in this manner: Inside of me there are two dogs. One of the dogs is mean and evil. The other dog is good. The mean dog fights the good dog all the time. When asked which dog wins, he reflected for a moment and replied, "The one I feed the most."

George Bernard Shaw





If you damage the character of another person,  
you damage your own.



Yoruba Proverb

The adult with a capacity for true maturity is one who has grown out of childhood without losing childhood's best traits. He has retained the basic emotional strengths of infancy, the stubborn autonomy of toddlerhood, the capacity for wonder and pleasure and playfulness of the preschool years, the idealism and passion of adolescence. He has incorporated these into a new pattern of development dominated by adult stability, wisdom, knowledge, sensitivity to other people, responsibility, strength, and purposiveness.



Joseph Stone and Joseph Church

Carl Jung

Everything that irritates us about others can  
lead us to an understanding of ourselves.



I compete only with myself, and I try to become a better human being. This is my goal.



Sri Chinmoy

Nearly all men can stand adversity, but if you want to test a man's character, give him power.



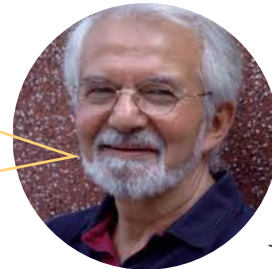
Abraham Lincoln



Trust is like an eraser. It gets smaller and smaller after every mistake.

Naturalopist

To be mature means to face, and not evade, every fresh crisis that comes.



Fritz Kunkel



A leader is best when people barely know he exists. When his work is done, his aim fulfilled, they will say, "We did it ourselves."

Lao Tzu



I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.



Martin Luther King, Jr.



Character is higher than intellect.

Ralph Waldo Emerson



Character is doing the right thing when nobody's looking. There are too many people who think that the only thing that's right is to get by, and the only thing that's wrong is to get caught.

J.C. Watts

Abuse a man unjustly, and you will make friends for him.



Edgar Watson Howe



Do unto others 20% better than you expect them to do unto you, to correct for subjective error.

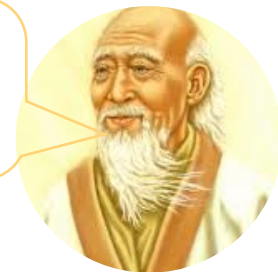
Linus Pauling



You will never reach your destination if you stop and throw stones at every dog that barks.

Winston Churchill

At the center of your being you have the answer: you know who you are and you know what you want.



Lao Tzu

## The Mahabharata



This is the sum of all: righteousness. In causing pleasure or in giving pain, in doing good or injury to others, a man obtains a proper rule of action by looking at his neighbor as himself.



Do not think lightly of good, that nothing will come of it. A pot full of water fills up from water droplets.

Buddha



Never try to please everyone; if you do, you will be respected by no one.

Paulo Coelho



When you ignore argumentative, rude, critical, cynical, manipulative, and pessimistic people, you'll find peace of mind in your life. Let your actions do the talking.

Naturalopist



Take care of your thoughts when you're alone and take care of your words when you're with people.

Naturalopist



You can't build a reputation on what you're going to do.



Henry Ford

Character isn't something you were born with and can't change, like your fingerprints. It's something you weren't born with and must take responsibility for forming.



Jim Rohn



Nobody can hurt me without my permission.

Mahatma Gandhi

Take time to deliberate; but when the time for action arrives, stop thinking and go in.



Andrew Jackson



Chelsie Hightower

I am a virgin, I don't drink, and I don't do drugs. There are always temptations, and they come in different ways, but this is really who I am. Nothing or anyone affects how I live my life. It's not that hard. I definitely know who I am. I don't care what anyone says.

In personal relationships, there is no benefit to you in arguing. In the end, you'll be judged for what you do and not what you say. So instead of arguing, save the energy and time for what needs to get done.



Naturalopist

Tension is who you think you should be. Relaxation is who you are.



Chinese Proverb



Naturalopist

Don't complain how hard life is. Did you get the job done?



Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.

Helen Keller

Great ambition is the passion of a great character. Those endowed with it may perform very good or very bad acts. All depends on the principles which direct them.



Napoleon Bonaparte

You're going to come across people in your life who will say all the right words at all the right times. But in the end, it's always their actions you should judge them by. It's actions, not words, that matter.



Nicholas Sparks

If you don't have anything nice to say, don't say it at all.



Motherly Advice





Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances.

Thomas Jefferson

Respect. Respect. Respect those above you; respect those beside you; respect those below you. Never above you, never below you, always beside you.

Learn to respect yourself before you can respect other people.



Naturalopist



Still water runs deep.

Ancient Adage

Where perfection exists, shame is always lurking.



Brene Brown



Dalai Lama

Follow the 3 RESs.

1. RESpect for others.
2. RESpect for yourself.
3. RESponsibility for all your actions.



Benjamin Franklin

A small leak will sink a great ship.



Winston Churchill

The price of greatness is responsibility.



Buddha

I relax into living now, in this moment, and delight in the journey.



Reprove thy friend privately;  
commend him publicly.

Solon



No man is more cheated than a selfish man.

Henry Ward Beecher

Give up your selfishness, and you shall find  
peace; like water mingling with water, you  
shall merge in absorption.



Sri Guru Granth Sahib

It is better to remain silent and be thought a fool  
than to open one's mouth and remove all doubt.



Mark Twain

They who live have all things; they who withhold have nothing.



Hindu Proverb

Life is a learning process. You were born to make mistakes so you can learn what works and what doesn't, not fake perfection.



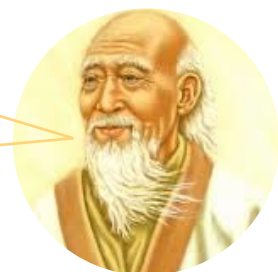
Naturalopist



Weird is a side-effect of awesome.

Naturalopist

Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.



Lao-Tzu



A person never discloses their own character so clearly as when they describe another's.

Jean Paul Richter



Never miss a good chance to shut up.

Will Rogers

You can catch more flies with honey than with vinegar.

Motherly Advice



We project unto others what we see in our own heart.



Naturalopist

The key to growth is the introduction of higher dimensions of consciousness into our awareness.



Lao Tzu



What a man's mind can create,  
man's character can control.

Thomas Edison

Conscience is no more than  
the dead speaking to us.



Jim Carroll



It is a funny thing about life; if you refuse to accept  
anything but the best, you can very often get it.

W. Somerset Maugham

When you assume (ASS U ME), you make an ASS out of U and ME.

Oscar Wilde



People grow through experience if they meet life honestly and courageously. This is how character is built.

Eleanor Roosevelt

How could have you expected anything differently when you knew about his pattern of behavior?



Naturalopist

When the character of a man is not clear to you, look at his friends.

Japanese Proverb



Lead by example. Most kids hear what you say; some kids do what you say; but all kids do what you do.



Kathleen Casey

I know of only one bird that talks: the parrot; and it can't fly very high.



Wilbur Wright

It is better to be hated for what you are than to be loved for what you are not.



Andre Gide

Some people make headlines while others make history.



Philip Elmer-DeWitt



Well done is better than well said.

Benjamin Franklin



You can't make excuses in life. You've got to get it done.

Herschel Walker



Doing as others told me, I was Blind.  
Coming when others called me, I was Lost.  
Then I left everyone, myself as well.  
Then I found Everyone, Myself as well.

Rumi



Live in such a way that if anyone should speak badly of you, no one would believe it.

Naturalopist





Waste no more time arguing about what a good person should be. Be one.

Marcus Aurelius

Actions speak louder than words. Words are just that, words. They mean nothing when the actions are contradictory. Words can be deceitful and manipulative, actions are the truth. Trust not in words but in actions, for by their actions alone shall you see the true nature of a person.



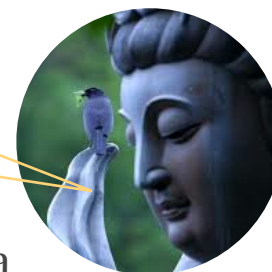
Andrew Gregg



For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.

Audrey Hepburn

Conquer the angry man by love. Conquer the ill-natured man by goodness. Conquer the miser with generosity. Conquer the liar with truth.



Buddha



Joan Didion

Character: The willingness to accept responsibility for one's own life. It is the source from which self-respect springs.

Life's Golden Rule: Do unto others what you would have them do unto you.



Motherly Advice



Motherly Advice

Never say anything when you're angry or you'll say the wrong things and regret them.



Eleanor Roosevelt

A mature person is one who does not think only in absolutes, who is able to be objective even when deeply stirred emotionally, who has learned that there is both good and bad in all people and in all things, and who walks humbly and deals charitably with the circumstances of life, knowing that in this world no one is all-knowing and therefore all of us need both love and charity.

Conformity is the jailer of freedom and the enemy of growth.



John F. Kennedy

When facing a new challenge, making silence your first response gives you a chance to reflect before you speak, increasing the likelihood that what you say and do will be on target, intelligent, and useful. Further, silent reflection promotes the appropriate use of what we call in medicine a “tincture of time.” If you resist the urge to leap into action at the first moment a problem arises, the problem often fixes itself. In medicine, as in life, sometimes the wisest action is none at all.



Alex Lickerman

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.



Martin Luther King, Jr.



The qualities of a great man are vision, integrity, courage, understanding, the power of articulation, and profundity of character.

Dwight Eisenhower

A leader leads by example, not by force.

Sun Tzu



Never bend your head. Always hold it high. Look the world straight in the face.

Helen Keller



Notice that the stiffest tree is most easily cracked, while the bamboo or will survives by bending with the wind.

Bruce Lee



Bad company corrupts good character. If you desire good character, associate with good people.

Naturalopist





## ZEN SELF-CONTROL

During the civil wars in feudal Japan, an invading army would quickly sweep into a town and take control. In one particular village, everyone fled just before the army arrived—everyone except the Zen Master.

Curious about this old fellow, the general went to the temple to see for himself what kind of man this master was. When he wasn't treated with the deference and submissiveness to which he was accustomed, the general burst into anger.

“You fool,” he shouted as he reached for his sword, “don't you realize you are standing before a man who could run you through without blinking an eye!”

But despite the threat, the Zen Master was unmoved. “And do you realize,” the master replied calmly, “that you are standing before a man who can be run through without blinking an eye?”

## COOL UNDER PRESSURE

One day there was an earthquake that shook the entire Zen temple. Parts of it even collapsed. Many of the monks were terrified. When the earthquake stopped the teacher said, “Now you have had the opportunity to see how a Zen man behaves in a crisis situation. You may have noticed that I did not panic. I was quite aware of what was happening and what to do. I led you all to the kitchen, the strongest part of the temple. It was a good decision, because you see we have all survived without injury. However, despite my self-control and composure, I did feel a little bit tense, which you may have deduced from the fact that I drank a large glass of water, something I never do under ordinary circumstances.”

One of the monks laughed quietly, but didn't say anything.

“What are you laughing at?” asked the teacher.

“That wasn't water,” the monk replied. “It was a large glass of soy sauce.”

# INTEGRITY

## **integrity**

honesty, purity, goodness, sincerity, incorruptible

1. Steadfast adherence to a strict moral or ethical code.
2. The state of being wholesome; unimpaired.

The truth always comes out in the end. Always.

Some people tell lies because they're afraid of the consequences; afraid to face the music, as the adage goes. Some tell lies because they're ignorant, believing no one will find out the truth. Some tell lies to appease other people—they care about what others think about them and want to fit in, conform, or be approved. Others tell lies for convenience, a short-cut out of social predicaments or for ill-gotten gains. Regardless of the reason, lying often escalates into a destructive habit.

An honest person doesn't need to tell lies because they can look in the mirror and say, "This is me. This is who I am. These are the things I've done. This is what I do. If people can't accept it, then I won't accept them in my life. I need approval from no one. I'm my own person. This is me."

However, we don't need to be honest to a fault when other people's emotions are at stake.

The truth always comes out in the end. So, save time and start telling the truth now. Remember, when we are comfortable in our skin, despite our lot in life, we need approval from no one. When we become our own person, integrity is easier to practice.



Three things cannot be long hidden: the sun, the moon, and the truth.

Buddha

We tell lies when we are afraid—afraid of what we don't know, afraid of what others will think, afraid of what will be found out about us. But every time we tell a lie, the thing that we fear grows stronger.



Tad Williams

Truth allows you to live with integrity. Everything you do and say shows the world who you really are. Let it be the Truth.



Oprah Winfrey



You can fool some of the people all of the time, and all of the people some of the time, but you can not fool all the people all the time.

Abraham Lincoln



Honesty is the best policy.

Motherly Advice

Integrity without knowledge is weak and useless, and knowledge without integrity is dangerous and dreadful.



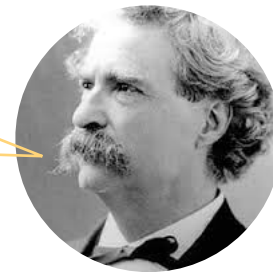
Samuel Johnson

Those who think it is permissible to tell white lies soon grow color-blind.



Austin O'Malley

If you tell the truth you don't have to remember anything.



Mark Twain

Don't cheat, lie, or steal. Be honest and work hard.



Motherly Advice





The biggest consequence to telling a lie is it leads you to telling another one.

Gary King



The truth needs no rehearsal.

Barbara Kingsolver



Where is there dignity unless there is honesty?

Cicero



No man has a good enough memory to make a successful liar.

Abraham Lincoln

Live so that when your children think of fairness and integrity, they think of you.



H. Jackson Brown, Jr.

Who lies for you will lie against you.



Bosnian Proverb

A lie has speed, but truth has endurance.



Edgar J. Mohn

A lie may take care of the present, but it has no future.



Naturalopist



Honesty is the first chapter in the book of wisdom.

Thomas Jefferson



When you stretch the truth, watch out for the snapback.

Bill Copeland



It is hard to believe that a man is telling the truth when you know that you would lie if you were in his place.

Henry Louis Mencken

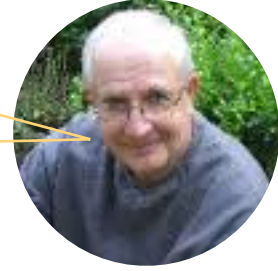
No legacy is so rich as honesty.



William Shakespeare

Every lie is two lies—the lie we tell others and the lie we tell ourselves to justify it.

Robert Brault



It takes many good deeds to build a good reputation, and only one bad one to lose it.

Benjamin Franklin



What is left when honor is lost?

Publilius Syrus

Do not repeat anything you will not sign your name to.

Naturalopist



The least initial deviation from the truth  
is multiplied later a thousandfold.



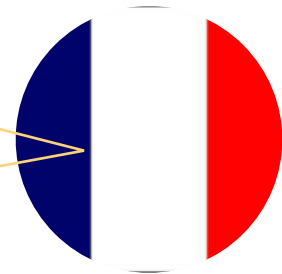
Aristotle



When in doubt, tell the Truth.

Mark Twain

There is no pillow so soft as a clear conscience.



French Proverb



Three may keep a secret, if  
two of them are dead.

Benjamin Franklin

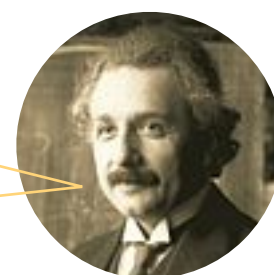




To know what is right and not do it is the worst cowardice.

Confucius

Whoever is careless with the truth in small matters cannot be trusted with important matters.



Albert Einstein

Integrity is telling myself the truth. And honesty is telling the truth to other people.



Spencer Johnson

Real integrity is doing the right thing, knowing that nobody's going to know whether you did it or not.



Oprah Winfrey

## THE BOY WHO CRIED WOLF

There once was a shepherd boy who was bored as he sat on the hillside watching the village sheep. To amuse himself he took a great breath and sang out, “Wolf! Wolf! The Wolf is chasing the sheep!”

The villagers came running up the hill to help the boy drive the wolf away. But when they arrived at the top of the hill, they found no wolf. The boy laughed at the sight of their angry faces.

“Don't cry 'wolf', shepherd boy,” said the villagers, “when there's no wolf!” They went grumbling back down the hill.

Later, the boy sang out again, “Wolf! Wolf! The wolf is chasing the sheep!” To his naughty delight, he watched the villagers run up the hill to help him drive the wolf away.

When the villagers saw no wolf they sternly said, “Save your frightened song for when there is really something wrong! Don't cry 'wolf' when there is NO wolf!” But the boy just grinned and watched them go grumbling down the hill once more. Later, he saw a REAL wolf prowling about his flock. Alarmed, he leaped to his feet and sang out as loudly as he could, “Wolf! Wolf!”

But the villagers thought he was trying to fool them again, and so they didn't come.

At sunset, everyone wondered why the shepherd boy hadn't returned to the village with their sheep. They went up the hill to find the boy. They found him weeping.

“There really was a wolf here! The flock has scattered! I cried out, ‘Wolf!’ Why didn't you come?”

An old man tried to comfort the boy as they walked back to the village.

“We'll help you look for the lost sheep in the morning,” he said, putting his arm around the youth, “Nobody believes a liar...even when he is telling the truth!”

# DISCIPLINE

## **discipline**

willpower, restraint, conduct, preparation, organization, self-control

1. Training for the improvement of mental and physical powers; self-control.
2. Creating methods and conditions to produce a desirable pattern of behavior or specific character.

Discipline can be mundane and monotonous, but it generates results. In the long-run, discipline endures where passion fades, and it is discipline that ignites passion. In periods of apathy, we need to force ourself to kickstart that project through discipline. Then without realizing it, we slowly become mired in the project, and passion is reignited, providing us the fuel to start, continue, and finish the project.

Ideally, discipline is doing the right thing in the right order. However, life is not a straight line—those detours we take only make sense later in life (just don't go off-road).

To change our character, ideas need to be tempered with patience and discipline. And to create something great, creativity needs to be tempered with discipline.

No life ever grows great until it is focused, dedicated, and disciplined.

Harry Emerson Fosdick



With self-discipline most anything is possible.

Theodore Roosevelt



Talent without discipline is like an octopus on roller skates. There's plenty of movement, but you never know if it's going to be forward, backwards, or sideways.



H. Jackson Brown, Jr.



Self-discipline is that which, next to virtue, truly and essentially raises one man above another.

Joseph Addison



Whether you call it Buddhism or another religion, self-discipline, that's important. Self-discipline with awareness of consequences.

Dalai Lama XIV

You have to believe in yourself.



Lao Tzu



Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak and esteem to all.

George Washington

## HOW TO SUCCEED IN LIFE

1. Know what you want.
2. Write down what you want.
3. Make a plan.
4. Focus on what you want.
5. Work on it every single day.
6. Amend the plan if necessary.
7. Work on it every day.



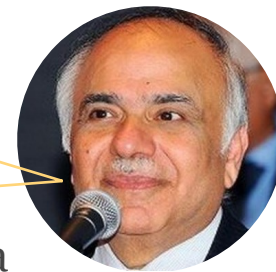
Motherly Advice

By constant self-discipline and self-control  
you can develop greatness of character.



Grenville Kleiser

Strength does not come from physical activity.  
It comes from the indomitable will.



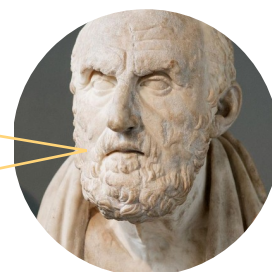
Ryuko Hira



He who reigns within himself and rules his pas-  
sions, desires, and fears is more than a king.

John Milton

No man is free who is not master of himself.



Epictetus



Respond intelligently to even unintelligent treatment.



Lao Tzu

Think many times, make decision once.



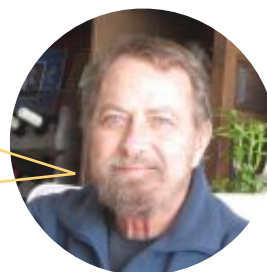
Pubilius Syrus

Strong people strengthen others; wimpy people feel a need to break others down just to build themselves up.



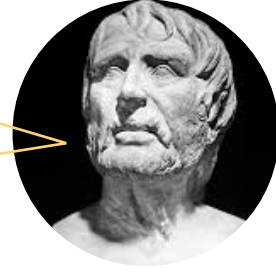
Art Jonak

Discipline is the defining fire by which talent becomes ability.



Roy Smith

No evil propensity of the human heart is so powerful that it may not be subdued by discipline.



Seneca



Man must be disciplined, for he is by nature raw and wild.

Immanuel Kant

That discipline which corrects the eagerness of worldly passions, which fortifies the heart with virtuous principles, which enlightens the mind with useful knowledge, and furnishes to it matter of enjoyment from within itself, is of more consequence to real felicity than all the provisions which we can make of the goods of fortune.



Robert Bridges



Some people regard discipline as a chore. For me, it is a kind of order that sets me free to fly.

Julie Andrews

Either you run the day, or the day runs you.

Jim Rohn



Discipline is just doing the same thing the right way whether anyone's watching or not.

Michael J. Fox



William E. Homan

Discipline is important simply because we live in an organized society where, if you have not learned life's requirements at early age, you will be taught later, not by those whose love tempers the lesson, but by strangers who could not care less about the harm they do to your personality.

Self-discipline is an act of cultivation. It require you to connect today's actions to tomorrow's results. There's a season for sowing and a season for reaping. Self-discipline helps you know which is which.



Gary Ryan Blair

Discipline in its highest notion is not punishment or self-punishment. It is rather something seminal to the self. It is our foundation. It is our architecture. It gives us structure. It allows us to steer our energies and pull our wagon.



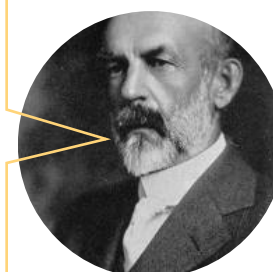
Noah Benshea



The greatest influence of discipline is to repress the weaknesses which grow out of individuality.

David G. Burnett

So far as discipline is concerned, freedom means not its absence but the use of higher and more rational forms as contrasted with those that are lower or less rational. A free discipline controls the individual by appealing to his reason and conscience, and therefore to his self-respect; while an unfree control works upon some lower phase of the mind, and so tends to degrade him. It is freedom to be disciplined in as rational a manner as you are fit for.



Charles H. Cooley



When discipline is sown, like a good seed, it yields a harvest of things that fulfill and satisfy us—things that make us happy and release peace and joy in our lives.

Joyce Meyer

## THE HIGH ROAD

The High Road refers to a higher moral ground. For example, he took the high road in competing for the prize, practicing for hours, while his opponent resorted to bribing the judges. Taking the “high road” expression refers to one being a “class act” during a very difficult time.

Those who take the high road are demonstrating being honest, fair, and selfless while not being completely defenseless. For example, he didn't buckle under the constant scrutiny by public. He's taking the high road and will get through it fine.

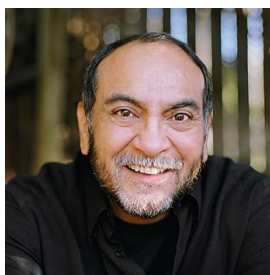
## THE FOUR AGREEMENTS

Rule 1: Be impeccable with your words.

Rule 2: Don't make assumptions.

Rule 3: Don't take anything personally.

Rule 4: Always do your best.



**Miguel Ruiz**

# RESPONSIBILITY

## **responsibility**

duty, care, onus, obligation, trust, importance

1. A duty, obligation or liability for which someone is held accountable.
2. The obligation to carry forward an assigned task to a successful conclusion.

Whether we realize it or accept it, we all have a personal responsibility to our community. This community responsibility is also called social responsibility, and social responsibility is an extension of personal responsibility. Unfortunately, since the 1960s, there has been a degeneration of personal responsibility: broken families, nearly 50% divorce rate, teens having babies, single mothers struggling to make ends meet, increased alcohol and drug addiction, and youth-on-youth violence. The degeneration of personal responsibility has culminated in the degeneration of the social structure. The only way to ensure a secure and stable social structure is to start at the home—start with ourself and the things we can influence and change.

*Personal* responsibility can be summed up with these 10 credos:

1. I need to take care of myself before I can take care of anyone else.
2. In personal relationships, MMOB (mind my own business).
3. If it's not mine, don't touch it.
4. It's not my place to judge.
5. Only do things that empower myself and my community.
6. Don't lend money or borrow money.
7. If I made it, I take care of it.
8. I give more to my community than I take out.
9. If I want something, I work for it.
10. I'm responsible for my actions. I have no one to blame but myself.



You must take personal responsibility. You cannot change the circumstances, the seasons, or the wind, but you can change yourself. That is something you have charge of.



Jim Rohn



Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.

Helen Keller

I can't respect a man who isn't man enough to be faithful to his wife and kids. We all make mistakes, but don't let a mistake become a habit. Man-up and settle down!



Tony Gaskins

Why do children want to grow up? Because they experience their lives as constrained by immaturity and perceive adulthood as a condition of greater freedom and opportunity. But what is there today, in America, that very poor and very rich adolescents want to do but cannot do? Not much: they can "do" drugs, "have" sex, "make" babies, and "get" money (from their parents, crime, or the State). For such adolescents, adulthood becomes synonymous with responsibility rather than liberty. Is it any surprise that they remain adolescents?

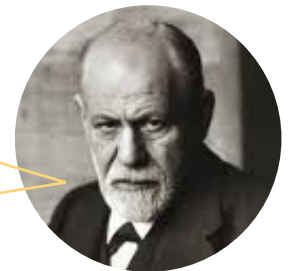


Thomas Szasz



Eleanor Roosevelt

Freedom makes a huge requirement of every human being. With freedom comes responsibility. For the person who is unwilling to grow up, the person who does not want to carry their own weight, this is a frightening prospect.



Sigmund Freud

Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility.



Denis Waitley

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.



Thomas Edison

Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages.

When a man points a finger at someone else, he should remember that four of his fingers are pointing at himself.



Louis Nizer



When you blame others, you give up your power to change.

Naturalopist



Responsibility: A detachable burden easily shifted to the shoulders of God, Fate, Fortune, Luck or one's neighbor. In the days of astrology it was customary to unload it upon a star.

Ambrose Bierce

The willingness to accept responsibility for one's own life is the source from which self-respect springs.



Joan Didion



Hold yourself responsible for a higher standard than anybody expects of you. Never excuse yourself.

Henry Ward Beecher



Responsibility walks hand in hand with capacity and power.

Josiah Gilbert

Parents can only give good advice or put them on the right paths, but the final forming of a person's character lies in their own hands.



Anne Frank



You cannot escape the responsibility of tomorrow by evading it today.

Abraham Lincoln

Whatever happens, take responsibility.

Anthony Robbins



Being responsible sometimes means pissing people off.

Colin Powell



If you want children to keep their feet on the ground, put some responsibility on their shoulders.

Abigail Van Buren



With every civil right there has to be a corresponding civil obligation.

Edison Haines



## THE SCORPION AND THE FROG

One day, a scorpion looked around at the mountain where he lived and decided that he wanted a change. So he set out on a journey through the forests and hills. He climbed over rocks and under vines and kept going until he reached a river.

The river was wide and swift, and the scorpion stopped to reconsider the situation. He couldn't see any way across. So he ran upriver and then checked downriver, all the while thinking that he may have to turn back.

Suddenly, he saw a frog sitting in the bushes by the bank of the stream on the other bank of the river. He decided to ask the frog for help crossing the stream.

“Hellooo, Mr. Frog!” called the scorpion across the water. “Would you be so kind as to give me a ride on your back across the river?”

“Well now, Mr. Scorpion! How do I know that if I help you, you won't try to kill me?” asked the frog hesitantly.

The scorpion replied, “Because if I kill you, then I would die too, for you see I cannot swim!”

Now this seemed to make sense to the frog. But he asked, “What about when I get close to the bank? You could still try to kill me and get back to the shore!”

“That is true,” agreed the scorpion. “But then I wouldn't be able to get to the other side of the river!”

“All right then. How do I know you won't just wait until we get to the other side and THEN kill me?” asked the frog.

“Ahh,” crooned the scorpion. “Because you see, once you've taken me to the other side of this river, I will be so grateful for your help, that it would hardly be fair to reward you with death, now would it?!”



So the frog agreed to take the scorpion across the river. He swam over to the bank and settled himself near the mud to pick up his passenger. The scorpion crawled onto the frog's back, his sharp claws prickling into the frog's soft hide, and the frog slid into the river. The muddy water swirled around them, but the frog stayed near the surface so the scorpion would not drown. He kicked strongly through the first half of the stream, his flippers paddling wildly against the current.

Halfway across the river, the frog suddenly felt a sharp sting in his back and, out of the corner of his eye, saw the scorpion remove his stinger from the frog's back. A deadening numbness began to creep into his limbs.

“You fool!” croaked the frog. “Now we shall both die! Why on earth did you do that?”

The scorpion shrugged, and did a little jig on the drowning frog's back. “I could not help myself. It is my nature.”

Then they both sank into the muddy waters of the swift flowing river.

Self-destruction.

“It’s my Nature,” said the scorpion as he drowned.

**Moral of the story:** Avoid people with destructive habits, or they will drag you into their destruction.



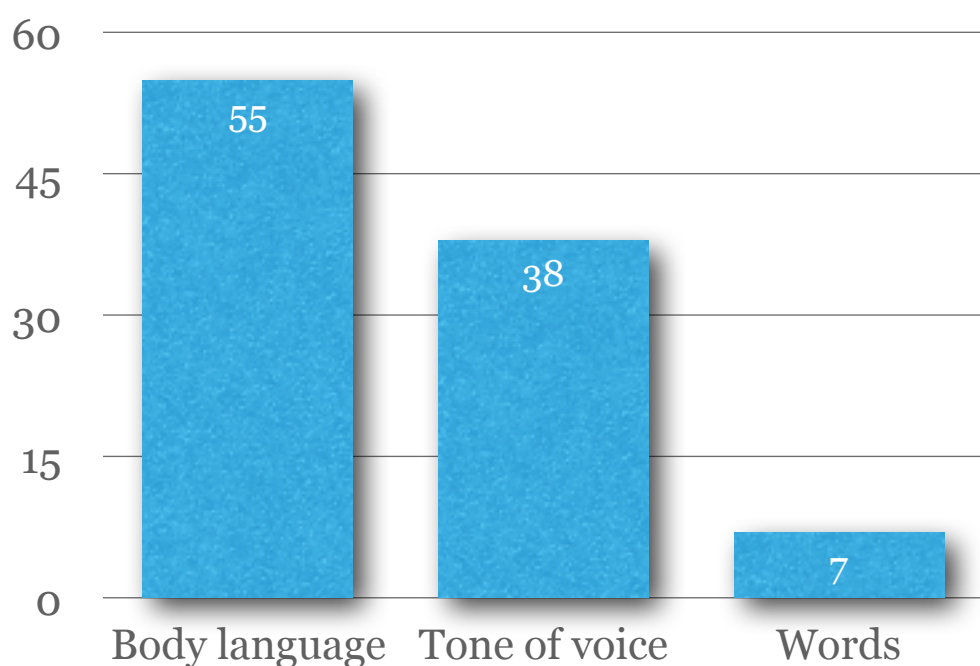
# COMMUNICATION

## communication

articulation, expression, connection, transfer, writing, reading, transmission

1. The concept or state of exchanging data or information between entities.
2. A message; the essential data transferred in an act of communication.

## Communication



Studies have shown that people with a limited vocabulary tend to be more violent and aggressive—unable to express their feelings in words, they tend to act out. Studies have also shown that a child’s vocabulary and reading skill are an indicator of its educational success. The ability to articulate our feelings and desires to ourself (self-communication) and others is vital, much more so in today’s digital age.

Our ability to explain dreams, articulate goals, draft ideas, and connect with others are all part of the communication umbrella. The essential skills of communication are (in order): reading, writing, and speaking. Remember, 55% of communication is body language, 38% tone of voice, and 7% the words we use. If we believe in an idea we’re articulating, then the body language and tone of voice should come natural.

All successful people are good communicators, and all great leaders are great communicators.

We have two ears and one mouth so that we can listen twice as much as we speak.



Epictetus

Think like a wise man but communicate in the language of the people.



William Butler Yeats

The two words information and communication are often used interchangeably, but they signify quite different things. Information is giving out; communication is getting through.



Sydney Harris



Communication leads to community, that is, to understanding, intimacy, and mutual valuing.

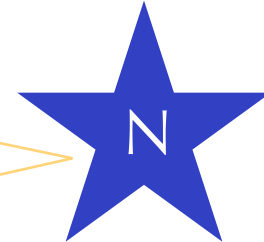
Rollo May



The most important thing in communication is hearing what isn't said.

Peter Drucker

Most people don't listen to understand. They listen to respond. We need to listen to understand.



Naturalopist



Wise men talk because they have something to say; fools, because they have to say something.

Plato

If you don't have anything nice to say, don't say it at all.

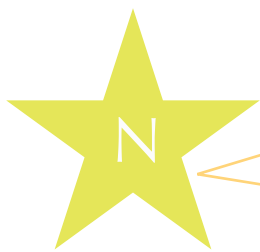


Motherly Advice

Speak when you are angry and you'll make the best speech you'll ever regret.



Ambrose Bierce



Our deeds and accomplishments communicate to others about who we are, more than anything we could say.

Naturalopist

Of all of our inventions for mass communication, pictures still speak the most universally understood language.



Walt Disney

Speak softly and carry a big stick.



Theodore Roosevelt



Better than a thousand hollow words is  
one word that brings peace.

Buddha



That which we are capable of feeling,  
we are capable of saying.

Cervantes



A man's character may be learned from the adjectives  
which he habitually uses in conversation.

Mark Twain



Give me the gift of a listening heart.

King Solomon



When people talk, listen completely.  
Most people never listen.

Ernest Hemingway



Be still when you have nothing to say; when  
genuine passion moves you, say what you've  
got to say, and say it hot.

D.H. Lawrence



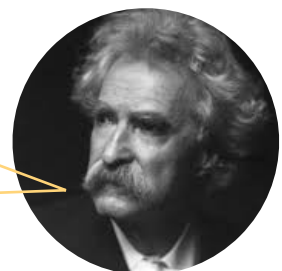
Any problem, big or small, within a family,  
always seems to start with bad communica-  
tion. Someone isn't listening.



Emma Thompson

The difference between the right word and  
the almost right word is the difference be-  
tween lightning and a lightning bug.

Mark Twain





Speak clearly, if you speak at all; carve every word before you let it fall.

Oliver Wendell Holmes, Sr.

Effective communication is 20% what you know and 80% how you feel about what you know.



Jim Rohn

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.



Hans Hofmann

Electronic communication will never be a substitute for the face of someone who with their soul encourages another person to be brave and true.



Charles Dickens

## PERSUASION IS BETTER THAN FORCE

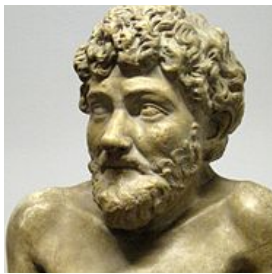
The North Wind and the Sun were disputing which was the stronger, when a traveler came along wrapped in a warm cloak.

They agreed that the one who first succeeded in making the traveler take his cloak off should be considered stronger than the other.

Then the North Wind blew as hard as he could, but the more he blew the more closely did the traveler fold his cloak around him; and at last the North Wind gave up the attempt.

Then the Sun shined out warmly, and immediately the traveler took off his cloak.

And so the North Wind was obliged to confess that the Sun was the stronger of the two.



**Aesop**

*The North Wind and the Sun*



# ORIGIN

## **evolution**

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

## **abiogenesis**

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

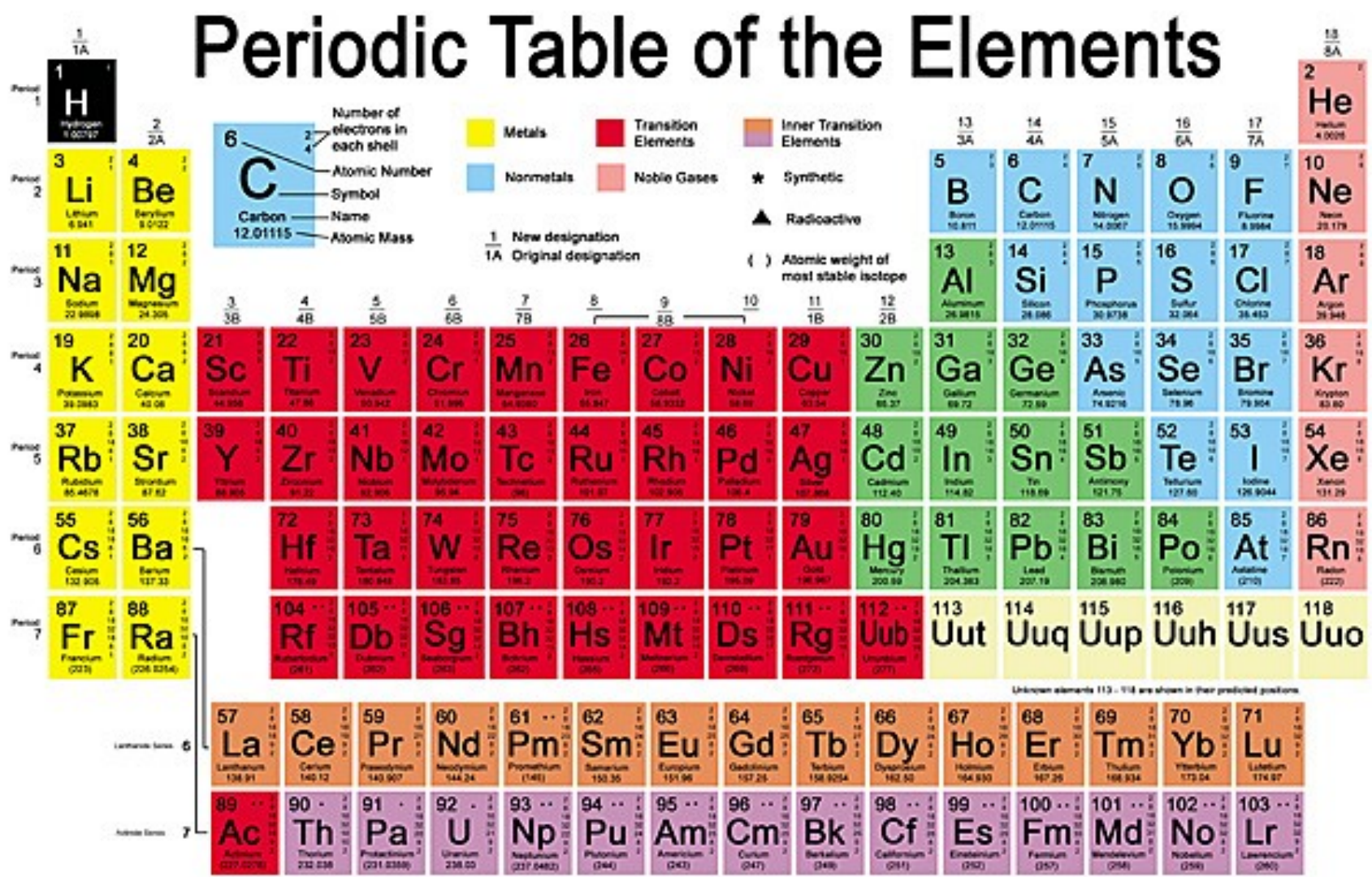


entropy

decay, breakup, randomness, degeneration, disorder

- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

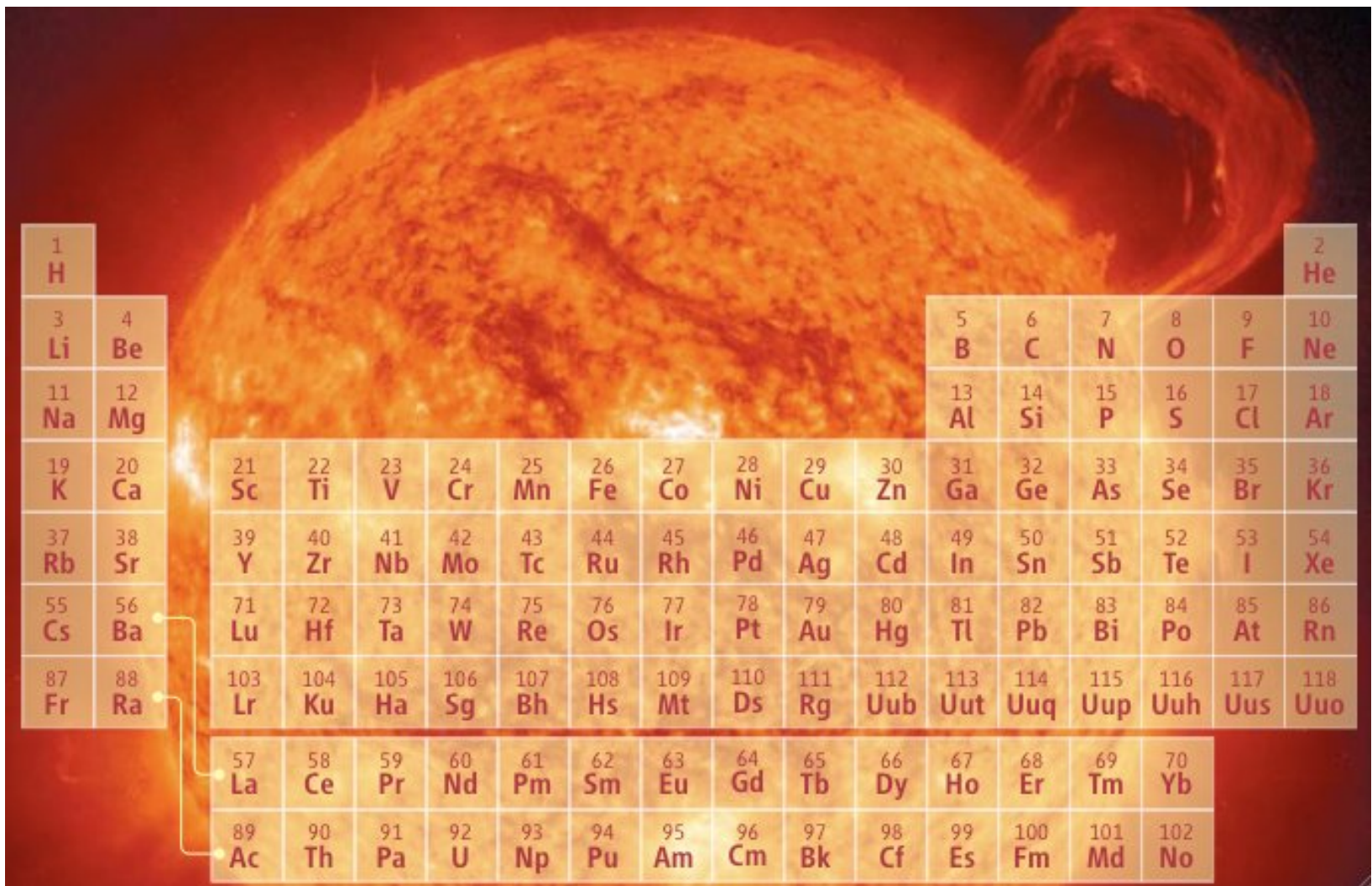
Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-





drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-



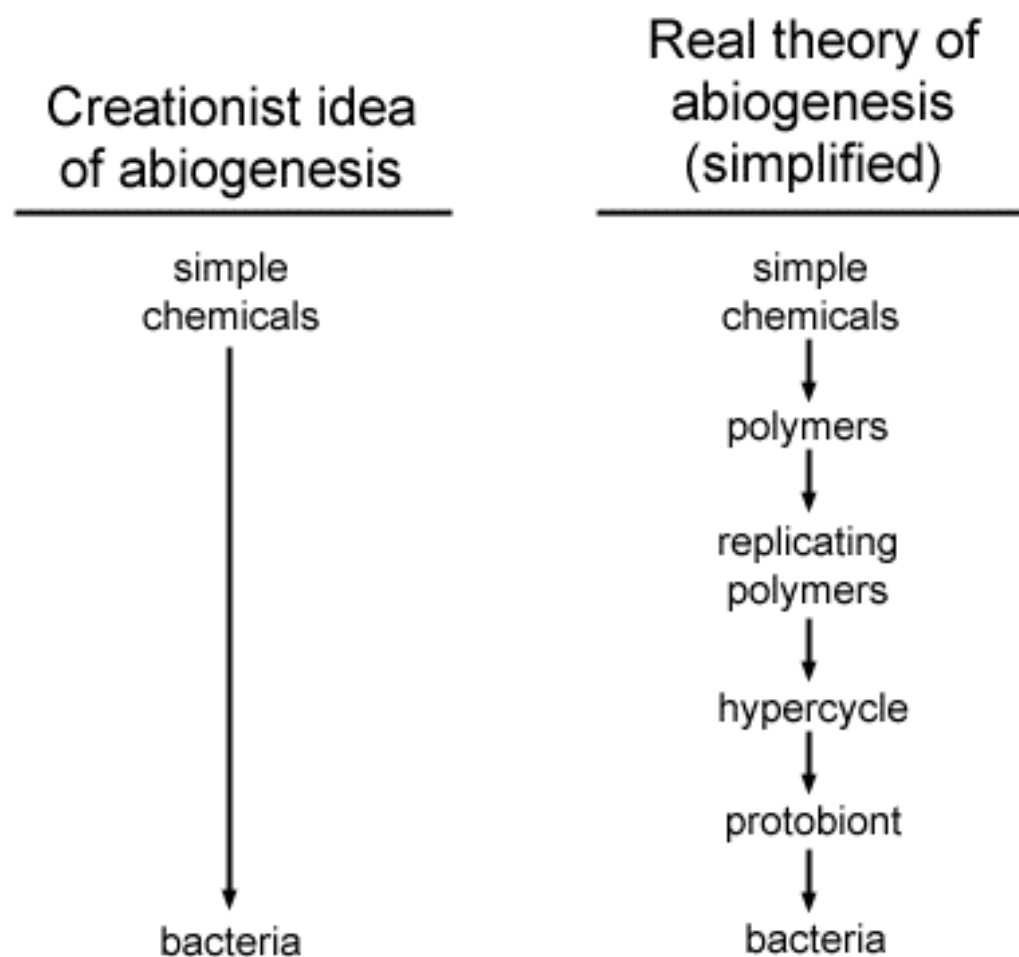
ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,



fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H<sub>2</sub>O), which is made of two elements: hydrogen (H) and oxygen (O).



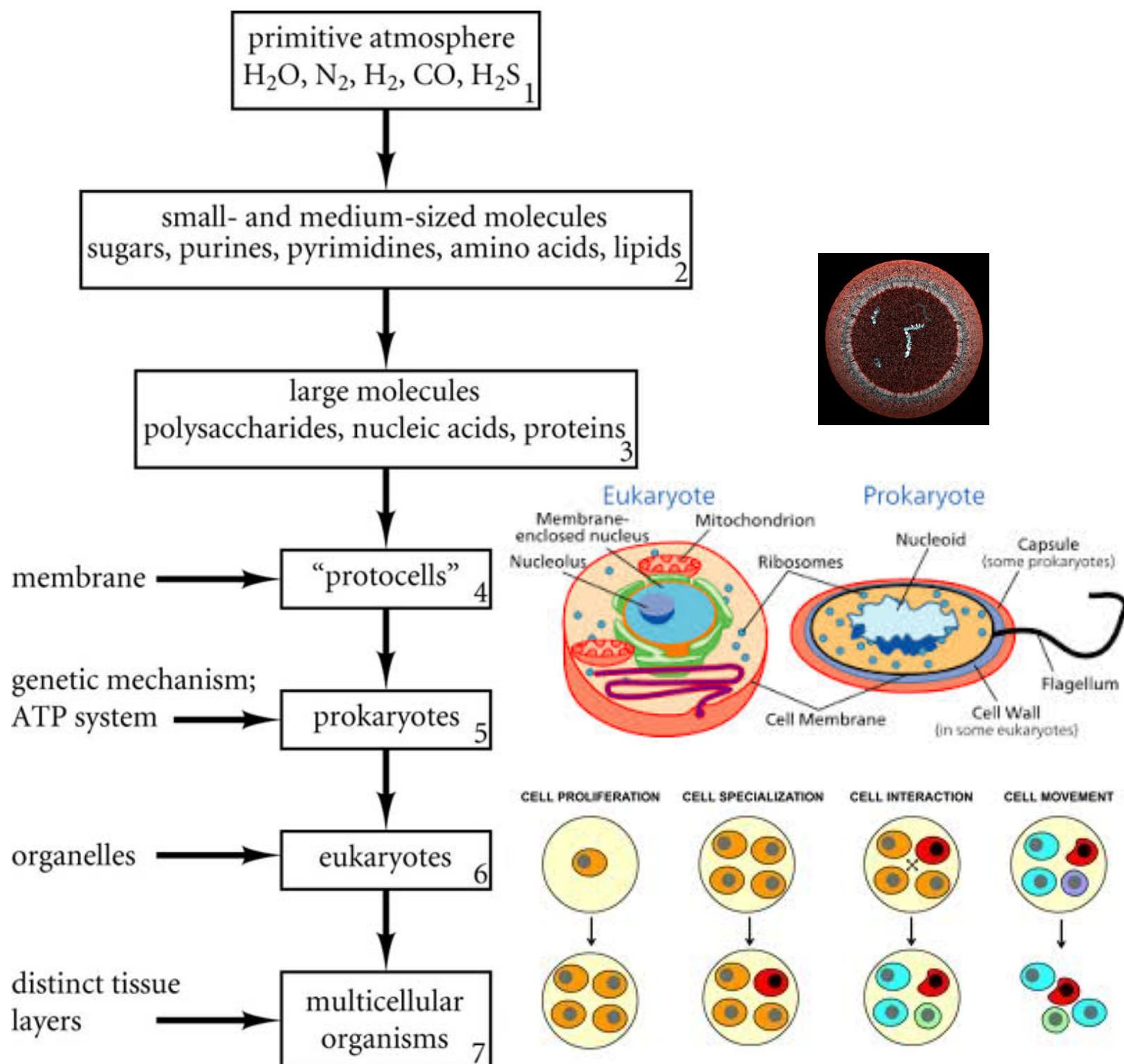
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



# Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —[www.darwins-theory-of-evolution.com](http://www.darwins-theory-of-evolution.com)

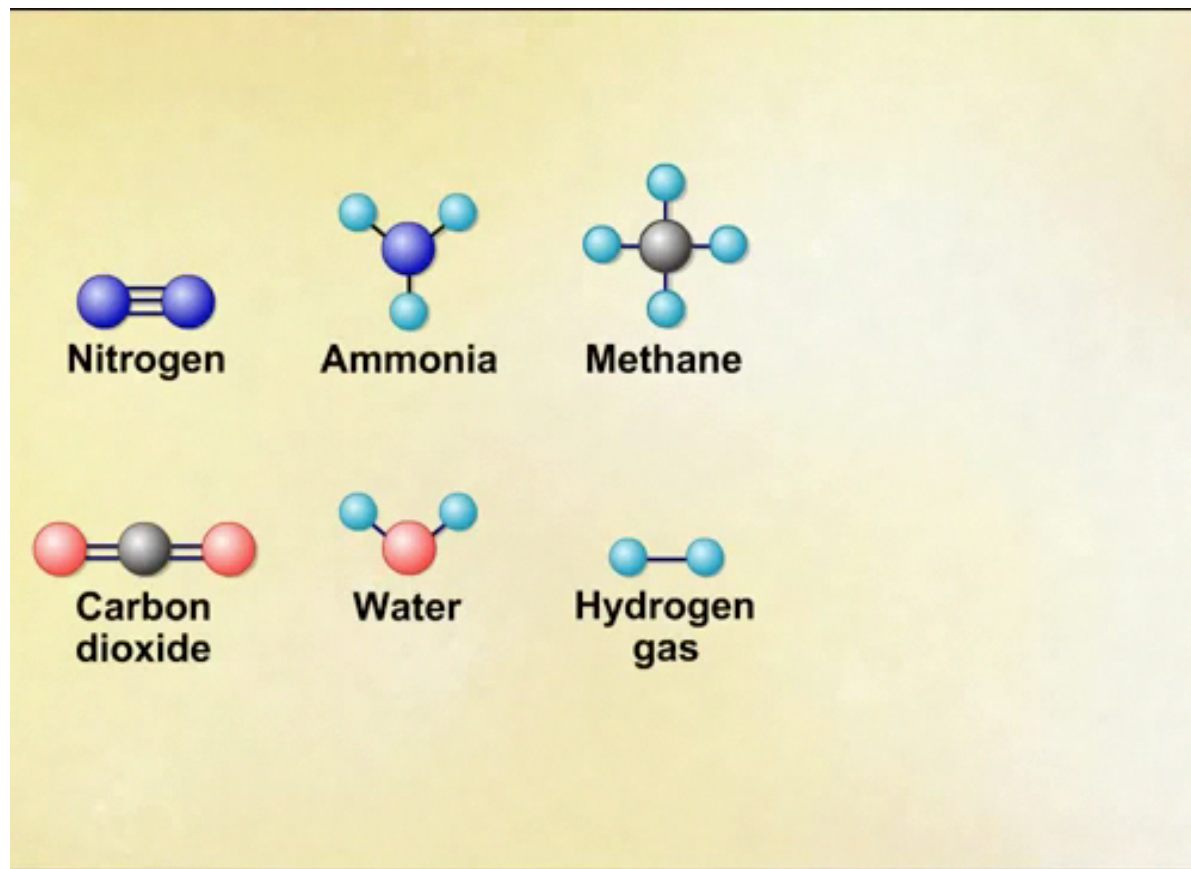
## The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

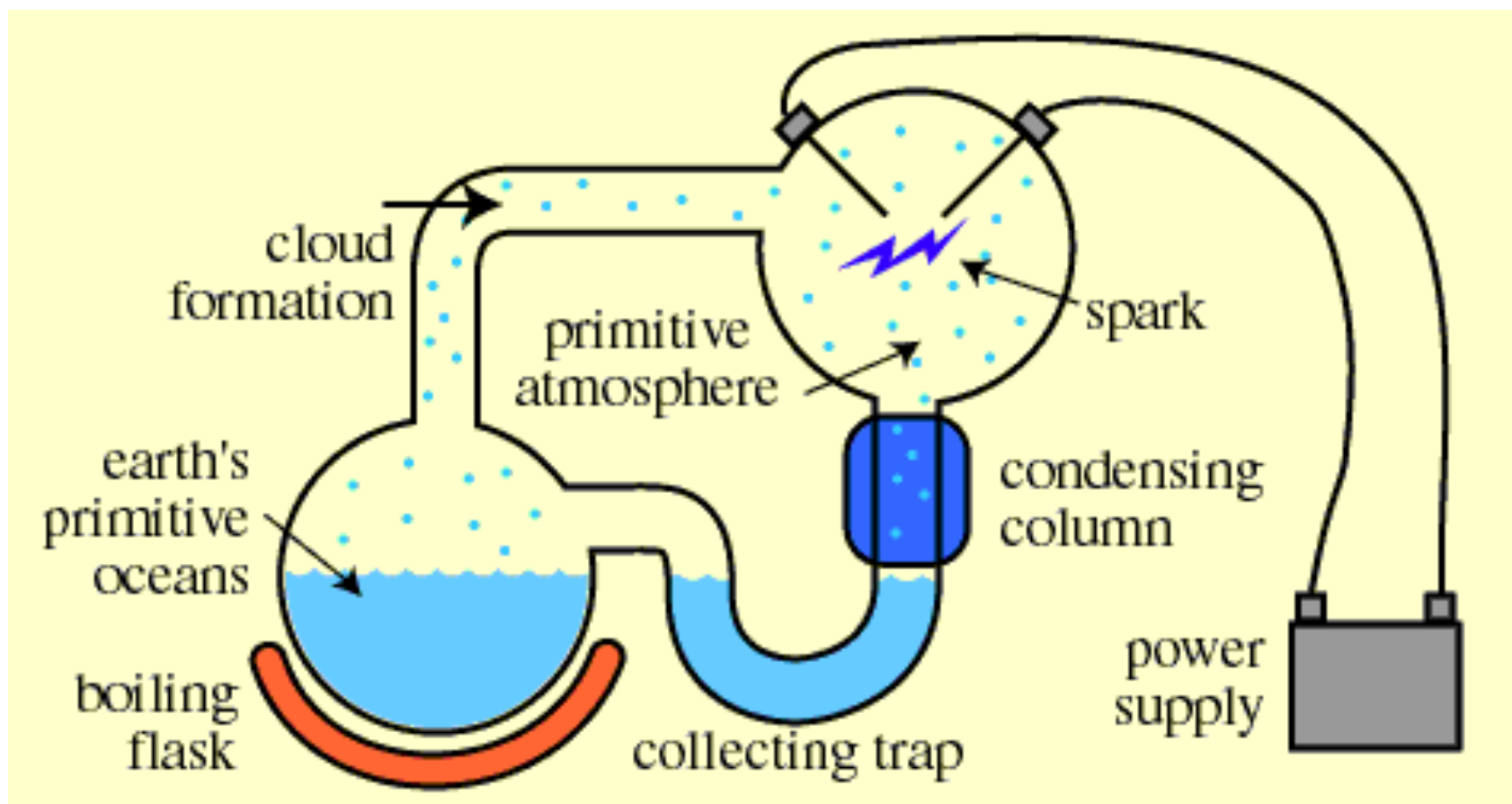
## The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

## Video: Urey-Miller Experiment, 1953



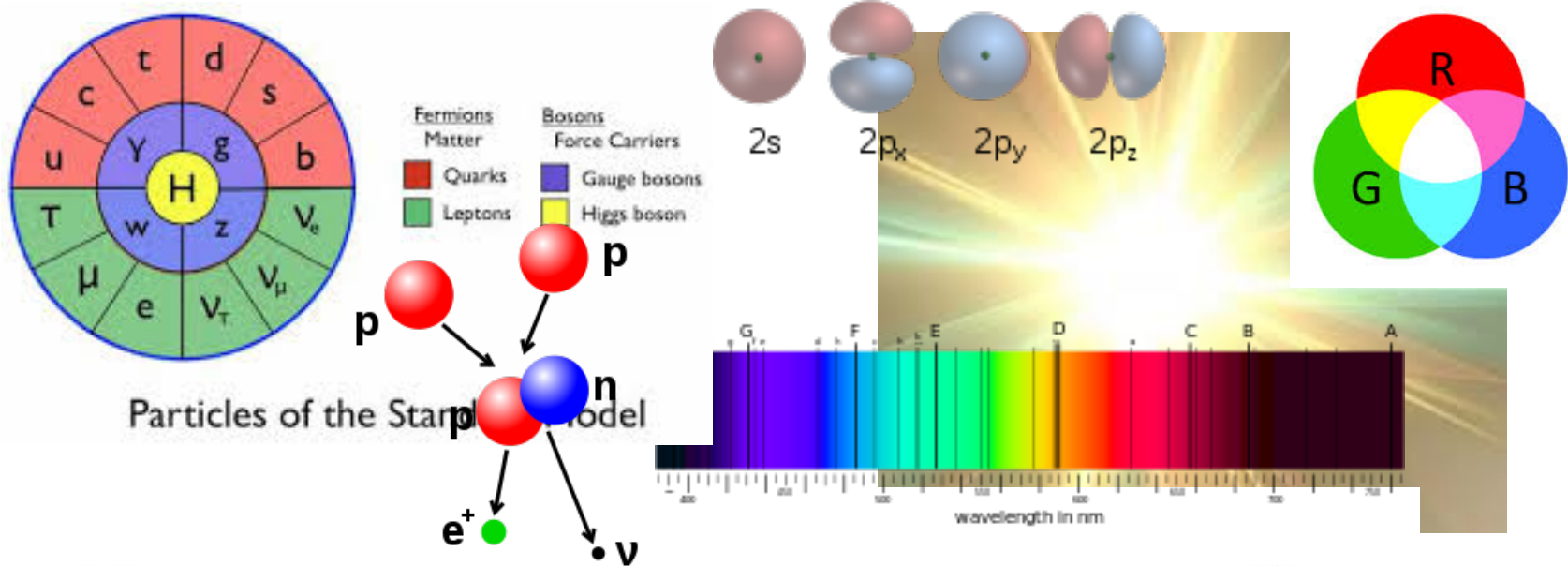
Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.











GROUP 1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

Be

beryllium

[9.012]

11

Na

sodium

[22.99]

12

Mg

magnesium

[24.31]

19

K

potassium

[39.10]

20

Ca

calcium

[40.08]

37

Rb

rubidium

[85.47]

38

Sr

strontium

[87.62]

55

Cs

caesium

[132.9]

56

Ba

barium

[137.3]

87

Fr

francium

[223]

88

Ra

radium

[226]

104

Rf

rutherfordium

[261]

105

Db

dubiium

[262]

106

Sg

seaborgium

[266]

107

Bh

bohrium

[264]

108

Hs

hassium

[277]

109

Mt

meitnerium

[268]

110

Ds

darmstadtium

[271]

111

Rg

roentgenium

[272]

112

Cn

copernicium

[285]

113

Uut

ununtrium

[284]

114

Uuq

ununquadium

[289]

115

Uup

ununpentium

[288]

116

Uuh

ununhexium

[292]

117

Uus

ununseptium

[294]

118

Uuo

ununoctium

[294]

GROUP 18

2

He

helium

[4.003]

10

Ne

neon

[20.18]

18

Ar

argon

[39.95]

36

Kr

krypton

[83.80]

54

Xe

xenon

[131.3]

86

Rn

radon

[222]

13

B

boron

[10.80 - 10.83]

14

C

carbon

[12.00 - 12.02]

15

N

nitrogen

[14.00 - 14.01]

16

O

oxygen

[15.99 - 16.00]

17

F

fluorine

[18.00]

5

Al

aluminium

[26.98]

6

Si

silicon

[28.08 - 28.09]

7

P

phosphorus

[30.97]

8

S

sulfur

[32.06 - 32.08]

9

Cl

chlorine

[35.44 - 35.46]

31

Ga

gallium

[69.72]

32

Ge

germanium

[72.63]

33

As

arsenic

[74.92]

34

Se

selenium

[78.96]

35

Br

bromine

[79.90]

49

In

indium

[114.8]

50

Sn

tin

[118.7]

51

Sb

antimony

[121.8]

52

Te

tellurium

[127.6]

81

Tl

thallium

[204.3 - 204.4]

82

Pb

lead

[208.2]

83

Bi

bismuth

[208.9]

84

Po

polonium

[209]

85

At

astatine

[210]

86

Rn

radon

[222]

26

Fe

iron

55.85

atomic number

white text - gas state at 0 °C

chemical symbol

chemical name

standard atomic weight

(lower - upper) bounds

(lowest) no stable isotopes

Element Categories

actinoids

alkali metals

alkaline metals

other metals

transition metals

lanthanoids

metalloids

nonmetals

halogens

noble gases

unknown elements

Electron Configuration Blocks

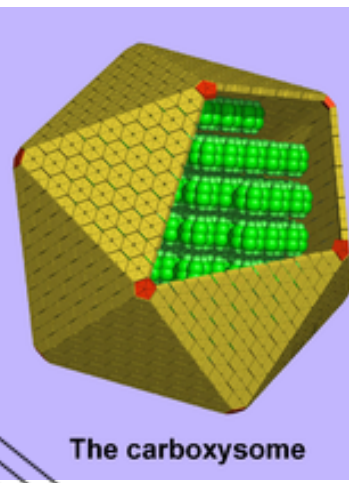
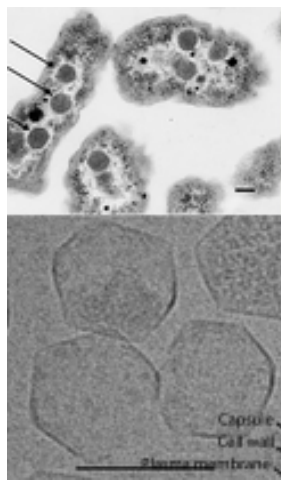
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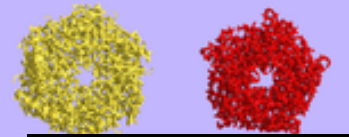
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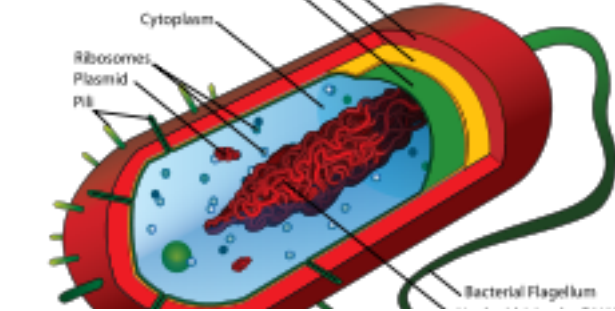


# Enzymes and shell proteins

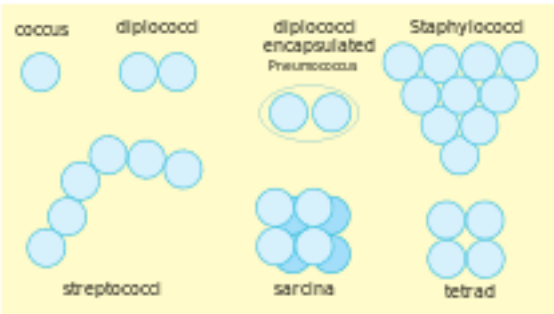
RuBisCO



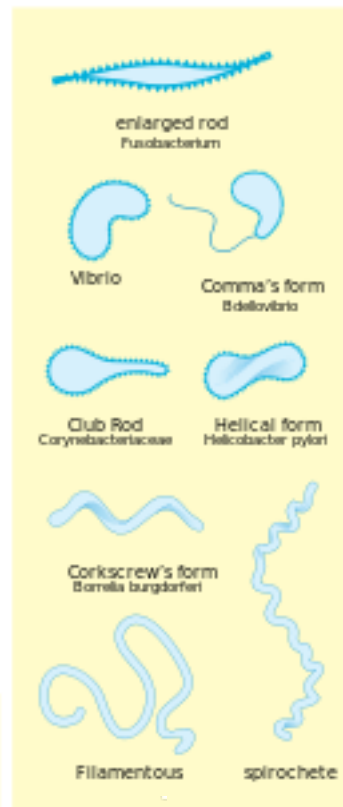
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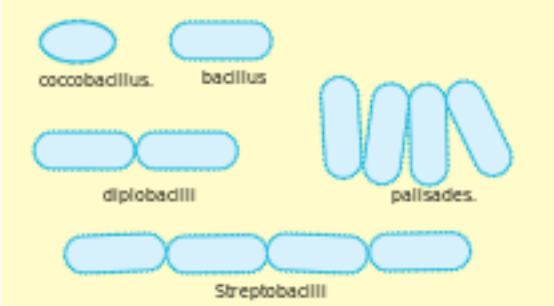
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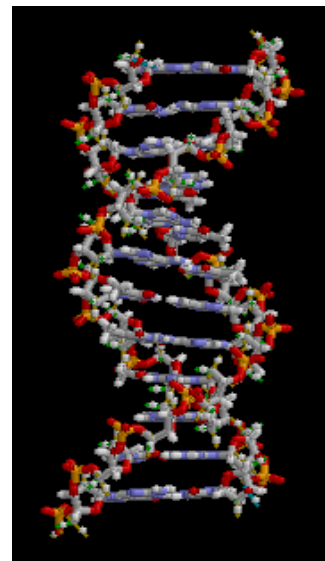
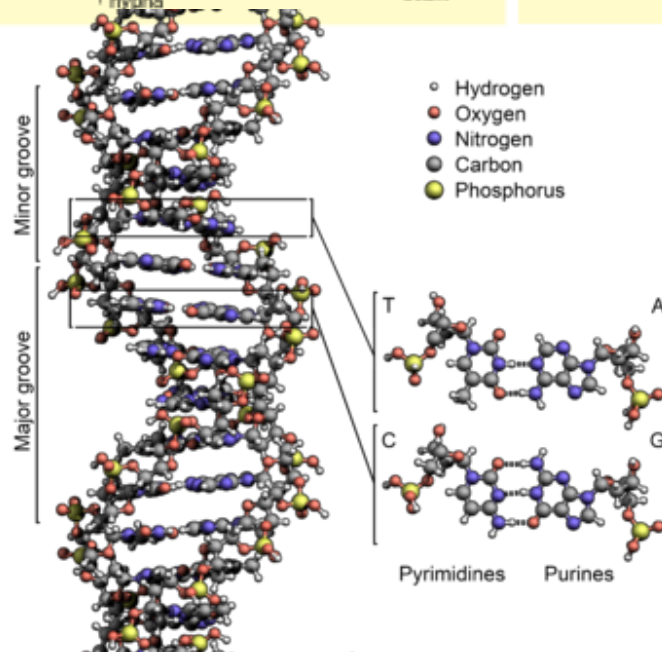
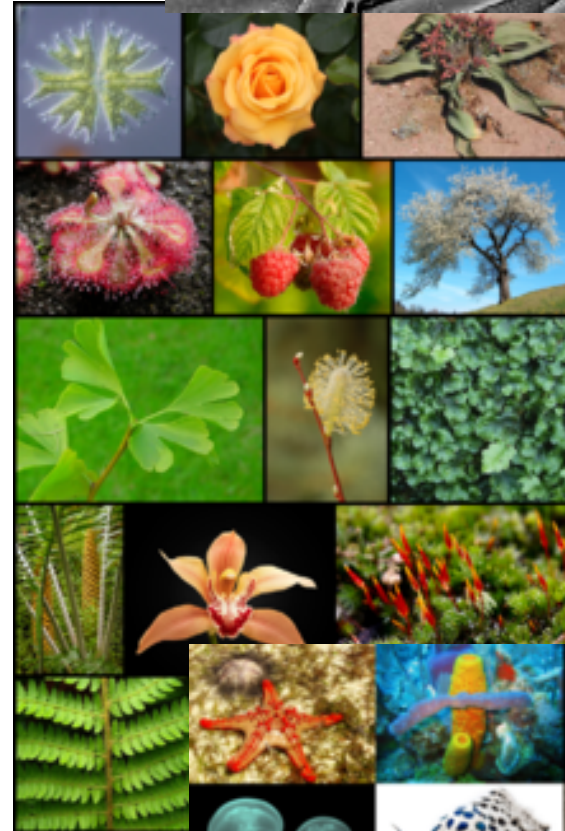
## Others



## Bacilli



## Budding and appendaged bacteria







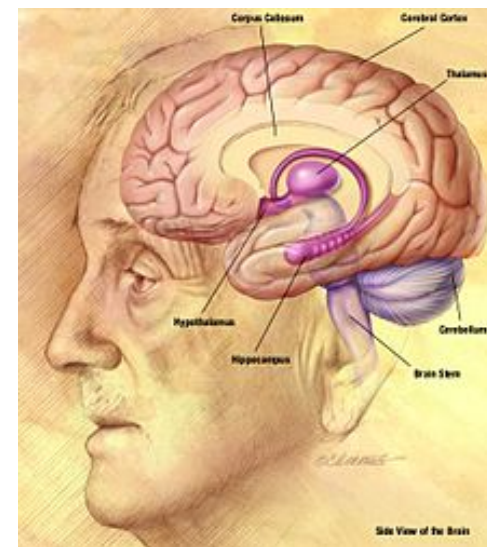
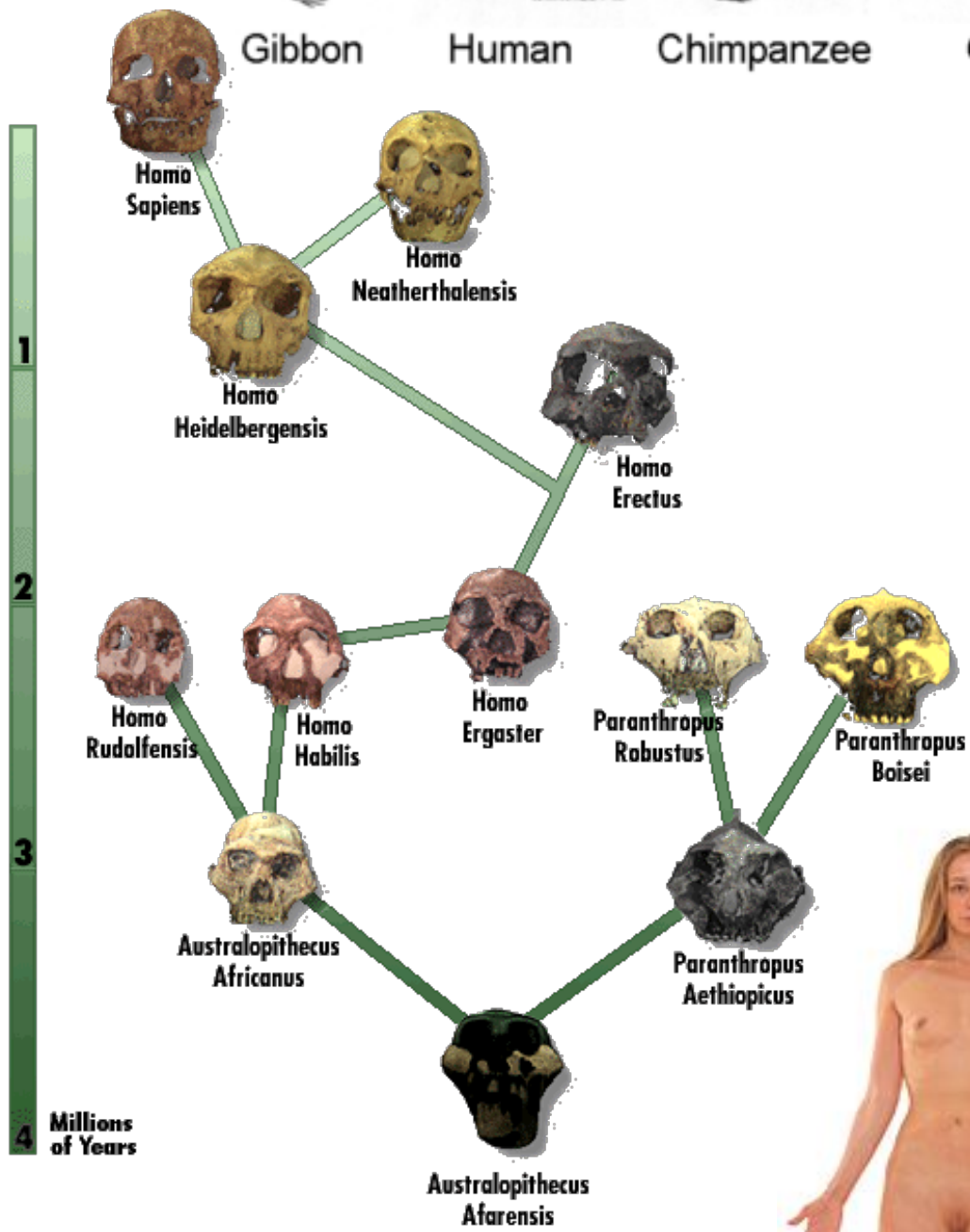
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



## THE PALE BLUE DOT

Our planet is a lonely speck in the great  
enveloping cosmic dark...

Consider again that dot.

That's here.

That's home.

That's us.

On it everyone you love,  
everyone you know,  
everyone you ever heard of,  
every human being who ever was,  
lived out their lives.

The aggregate of our joy and suffering,  
thousands of confident religions, ideologies, and economic doctrines,  
every hunter and forager,  
every hero and coward,  
every creator and destroyer of civilization,  
every king and peasant,  
every young couple in love,  
every mother and father, hopeful child, inventor and explorer,  
every teacher of morals,  
every corrupt politician,  
every "superstar,"  
every "supreme leader,"  
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



**Carl Sagan**

# HUMANITY

## NATURALOPY

### CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

## Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.



1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah (Talmud), but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;  
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.



# The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

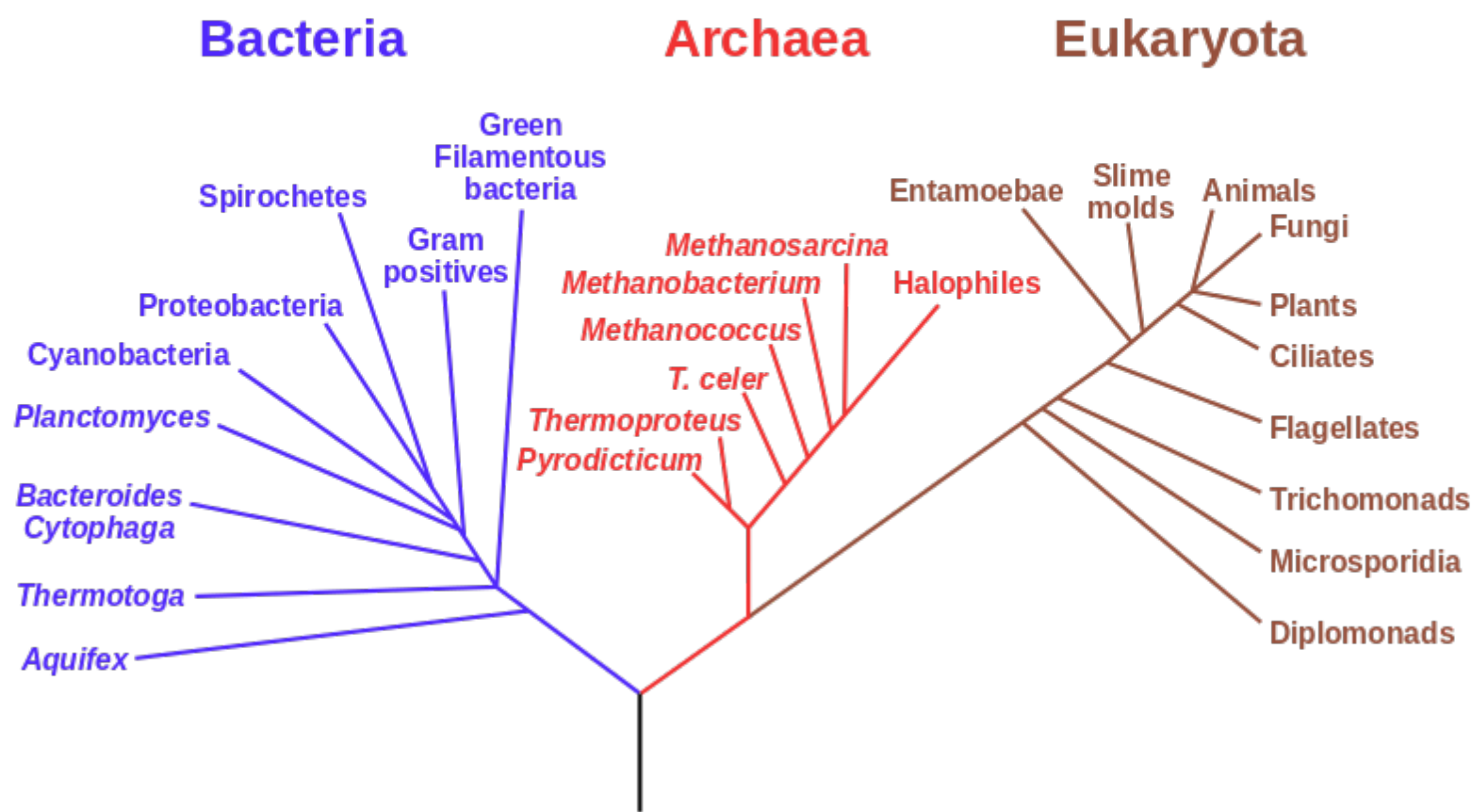
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

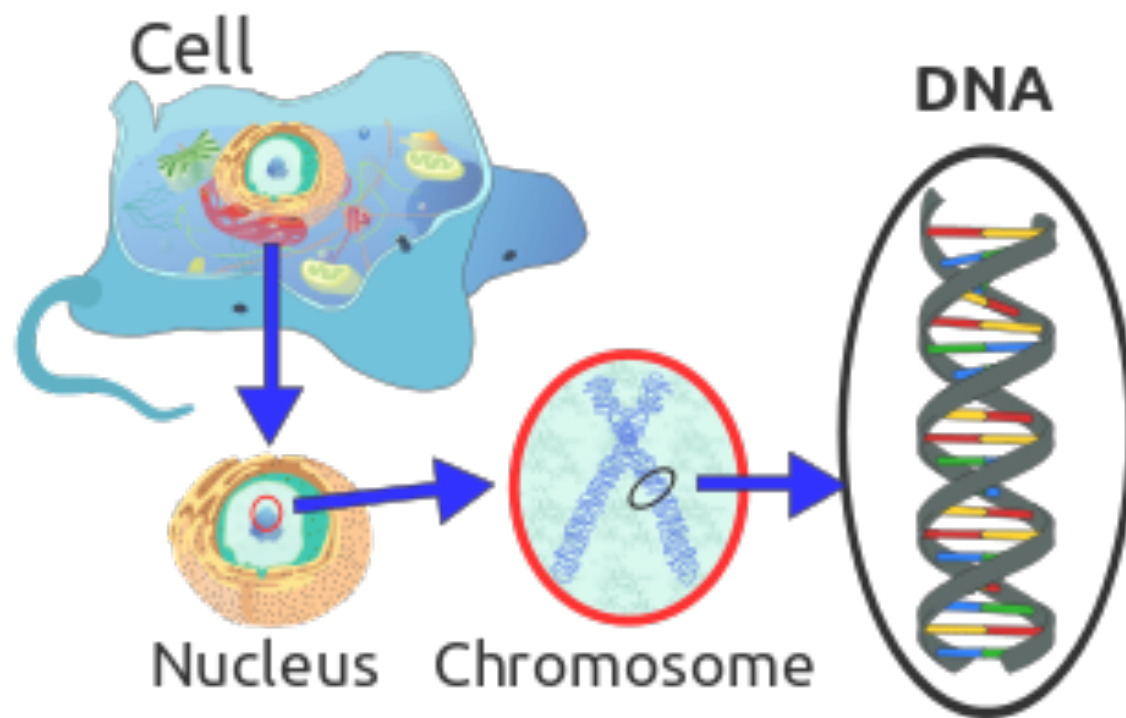
# 1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

## Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



## 2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

### 3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

## 4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and



gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science, thus the popularity of religion. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

# A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

**If you need to believe in someone, believe in yourself.**

## 5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

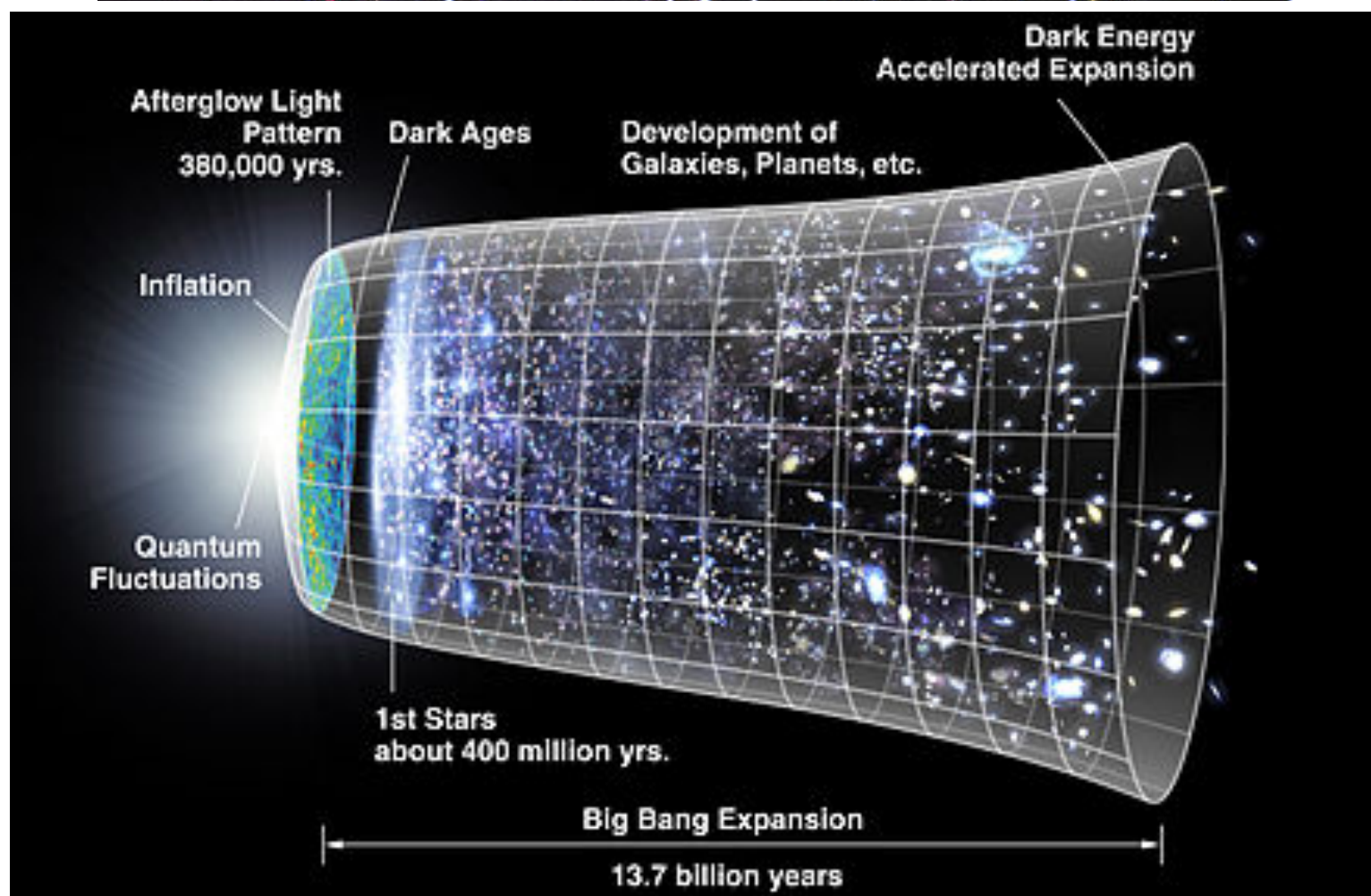
Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.



Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.





## 6. What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

# Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

## The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

# DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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